



 Please call 911 if you think you have a medical emergency.

Rectal Bleeding Treatment

Self-Care at Home

If minimal rectal bleeding, such as blood-streaked toilet tissue, is the source of the problem, it may be due to hemorrhoids or a rectal fissure. Home therapy can be attempted. All other causes of rectal bleeding should be evaluated and treated by a physician in a timely fashion.

- Self-care of rectal bleeding may include various rectal ointments and suppositories. These can be bought over-the-counter without a prescription. Still, if your symptoms are not improved within 1 week of treatment or you are older than 40 years, you should see your doctor for further evaluation.
- Simple home care of rectal bleeding might involve these actions:
 - Drink 8-10 glasses of water per day.
 - Bathe or shower daily to cleanse the skin around the anus.
 - Decrease straining with bowel movements.
 - Increase fiber in the diet with supplements such as Metamucil or foods such as prunes.
 - Avoid sitting on the toilet too long.
 - Apply ice packs to the affected area to decrease pain.

Medical Treatment

Regardless of the source of bleeding, treatment of significant blood loss will begin by stabilizing your condition.

- Initially, oxygen will be given and your heart will be monitored. An IV will be started to administer fluids and for a possible blood transfusion.
- Further treatment options will depend on the suspected source of bleeding. It is quite likely that a specialist such as a general surgeon, gastroenterologist, or colorectal surgeon will become involved in the treatment plan.

- Admission to the hospital is required when a marked amount of blood loss has occurred, if bleeding has not stopped, or if your vital signs have not become normal.

more information from eMedicineHealth

- [When to Seek Medical Care](#)
- [Exams and Tests](#)
- [Next Steps](#)
- [Outlook](#)

For more information, read the complete article, Rectal Bleeding (<http://www.emedicinehealth.com/script/main/art.asp?articlekey=58660>) on <http://www.emedicinehealth.com>.

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